

Eat less fat to better control your blood sugar.

**Use more often:**

- oils, margarine, spreads
- low fat or fat-free milk, lower fat cheese
- chicken, turkey, fish and lean red meats

**Use less often:**

- whole milk or regular cheese
- fatty red meats, lunch meats, bacon
- fried foods

Foods high in sugar make your blood sugar go up very fast when eaten with no other foods. Always eat them with a meal or other foods and eat them less often than healthy foods.

Below is a list of **high sugar** foods:

- sweetened drinks like tea, powdered drink mix, soda, punch, juice drinks
- cookies, cake, pie, candy
- honey, jam, jelly, syrup
- fruits canned in heavy syrup

**Do NOT drink alcohol while pregnant.**

## Will I Always Have Diabetes?

After your baby is born your blood sugar should return to normal. Women who have gestational diabetes have a greater chance of having diabetes later in life. It is very important to be checked for high blood sugar at least once a year.

Eating a healthy diet and keeping your weight in the normal range will help to lower your chances of having diabetes in the future.



SC Department of Health  
and Environmental Control  
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# Gestational Diabetes



## What Is It?

Diabetes is high blood sugar. When a woman has high blood sugar only while pregnant, it is called gestational diabetes. Usually the blood sugar is kept in the normal range by insulin made by the body. Most pregnant women make more insulin to lower the blood sugar. However, some women cannot do this and they develop gestational diabetes. This usually occurs in the second half of pregnancy.

## Who Gets It?

The woman most likely to develop gestational diabetes has had the following:

- gestational diabetes before
- a baby that weighed 9 pounds or more at birth
- a history of diabetes in her family
- a history of high blood sugar levels
- a stillborn baby.

### Or Is

- very overweight
- Native American, Mexican American, or African American
- over age 25.

## Can Gestational Diabetes Hurt My Maby?

**Yes!** If your blood sugar becomes too high it may cause the following:

- breathing problems
- jaundice (yellow skin coloring)
- low blood sugar
- large birth weight
- death of your unborn baby.

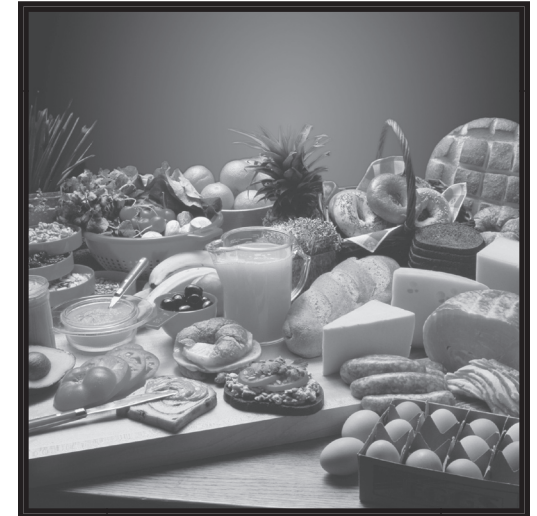
## What Can I Do To Help My Baby?

- Keep your blood sugar in the normal range while pregnant.
- Eat the right amount and type of foods.
- Eat at least three meals a day.
- You may need snacks between meals.
- Have your nutritionist make a meal plan for you.
- Ask your doctor or nurse about prenatal vitamins.

- Be physically active.
- Ask your doctor how much activity is right for you.

## What Should I Eat?

Daily servings of milk, fruits, vegetables, whole grain breads and cereals and meat, poultry or fish are all a part of a healthy diet.



Fruits and fruit juices have a natural sugar which can make your blood sugar go up. Eat fruits or drink juices with a meal or with other foods. You may have to limit the amount of juice you drink.